Maize is the single most important cereal crop in Southern Africa, accounting for almost 70% of total cereal production in the region. Most households in Southern Africa depend on maize (grain and meal/flour) for their main source of food and energy, with tubers (cassava), rice, wheat, sorghum, and millet serving as the main substitutes. Madagascar is the exception, where rice (imported and local) is the main staple food consumed across the country, with cassava and maize serving as key substitutes. Cassava is not traded in significant quantities across Southern Africa, while beans are an import protein source with annual consumption ranging between 2 - 8 kg on a per capita basis. Both white and yellow maize are produced in the region, but South Africa is the only country where yellow maize is grown in significant quantities and it is primarily livestock used as livestock feed. South Africa is also the region’s major producer of maize and is a major exporter to international markets. In years of relative maize surplus, sizable amounts of both formal and informal cross border trade occurs between neighboring countries. Maize trade flows in the region largely reflect trade in white maize. For most of Southern Africa, wheat grain is imported, milled, and consumed primarily in the form of bread. While South Africa produces substantial amounts of wheat, it is in quantities that are insufficient to meet domestic requirements.
Maize Grain (White): Nominal Retail Prices in Mitundu, Malawi

Maize Grain (White): Nominal Retail Prices in Nsanje, Malawi

Maize Grain (Yellow): Nominal Retail Prices in Ambovombe Androy (CL), Madagascar

Maize Grain (White): Nominal Retail Prices in Tete, Mozambique

Maize Grain (White): Nominal Retail Prices in Gorongosa, Mozambique

Maize Grain (White): Nominal Retail Prices in Maputo, Mozambique

Maize Grain (White): Nominal Wholesale Prices in Dar es Salaam, Tanzania

Maize Grain (White): Nominal Wholesale Prices in Arusha, Tanzania
MAIZE FLOUR (Maize Meal): The markets below represent the major markets — both production and consumption — within each country in the region.
RICE: The markets below represent the major markets — both production and consumption— within each country in the region.
CASSAVA: The markets below represent the major markets -- both production and consumption -- within each country.
CASSAVA FLOUR: The markets below represent the major markets — both production and consumption.

BEANS (DRY): The markets below represent the major markets — both production and consumption — within each country.
WHEAT GRAIN: Wheat prices in South Africa indicate trends in domestic, regional, and international wheat prices. Wheat grain prices on SAFEX are indicative of prices that countries face as they import these commodities. These prices are comparable with those faced by neighboring countries including Lesotho, Namibia, Botswana and Swaziland.